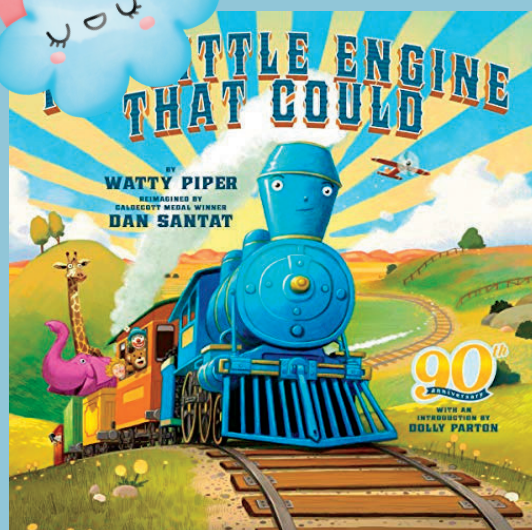


OPTIMISM BOOKLIST

EARLY YEARS

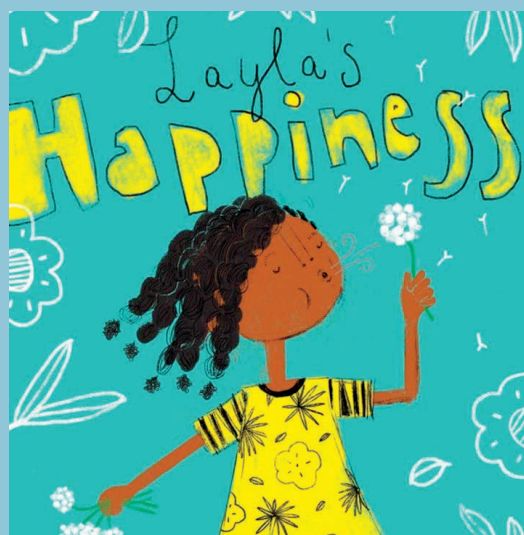
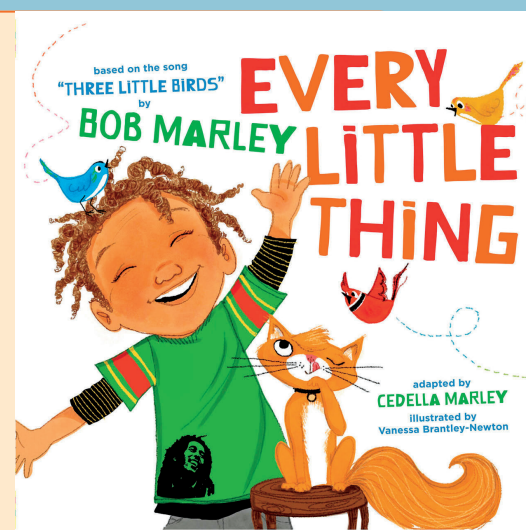


**THE LITTLE
ENGINE THAT
COULD**
BY WATTY PIPER

The story of the blue locomotive who exemplifies the power of positive thinking.

**EVERY LITTLE
THING**
BY CEDELLA
MARLEY

An illustrated version of Bob Marley's song to encourage us to enjoy life.

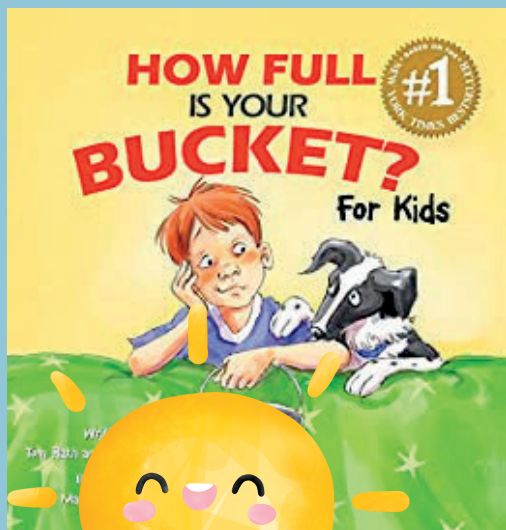


☆ **LAYLA'S
HAPPINESS**
BY
MARIAHADESSA
EKERE TALLIE

Seven-year-old Layla shares many things that make her happy

LOVELY DAY
BY BILL WITHERS

The story of a young brother and sister who always find a way to make each other smile, inspired by Withers' song.



**HOW FULL IS
YOUR BUCKET?**
BY TOM RATH

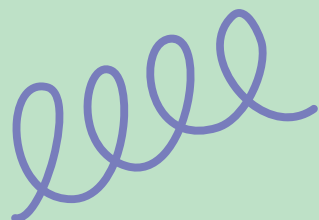
Can Felix discover how to refill his bucket before it's completely empty?



SUNNY
BY CELIA
KRAMPIEN

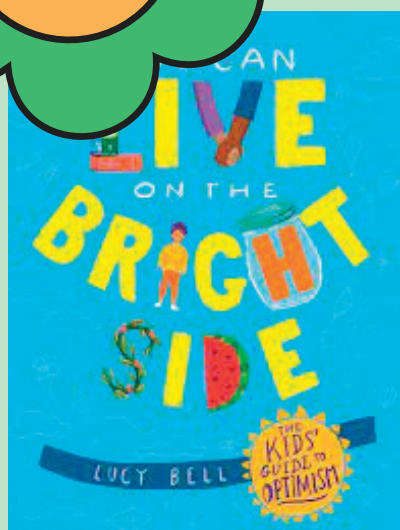
Sunny likes to look on the bright side, even when things feel hard. An uplifting tale about the power of positivity.





OPTIMISM BOOKLIST

SCHOOL-AGE CHILDREN



YOU CAN LIVE ON THE BRIGHT SIDE BY LUCY BELL

Teaches simple activities and strategies for optimism to help children learn, practice and improve

WAYS TO MAKE SUNSHINE BY RENÉE WATSON

Ryan is a girl who knows how to make sunshine out of setbacks. Because Ryan is all about trying to see the best.



THE BREAKING NEWS BY SARAH LYNN REUL

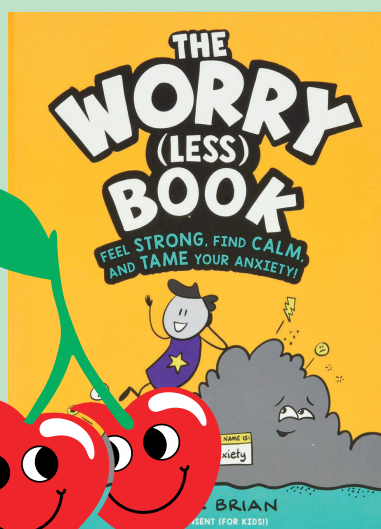
A book about how, even in a crisis, small things can compound, to make a world of difference.

I AM SMART, I AM BLESSED, I CAN DO ANYTHING! BY ALISSA HOLDER

Based on a viral video, a story of positive energy and how a sunny outlook can turn things around.



FOR OLDER KIDS:



THE WORRY (LESS) BOOK BY RACHEL BRYAN

Take charge by training your brain! This book will have you worrying less and living more.

SUPERPOWERED BY RENEE JAIN

An anti-anxiety toolkit of methods for recognizing anxious behaviors and identifying the causes of worried thinking

